

Greetings from NAMI Kansas!

NAMI Kansas is a state-wide organization of the National Alliance on Mental Illness – a self-help, membership association of individuals living with mental illness, their family members, and friends, dedicated to improving the lives of those affected by mental illnesses. We provide leadership and work in partnership with local affiliates to ensure peer support, advocacy, and education. Learn more at www.namikansas.org

NAMI Kansas and our NAMI Connection Leaders are pleased to announce the **Essential Worker NAMI Connection Group for Kansas** via GoToWebinar beginning May 18th, from 7:00 p.m. - 8:30 p.m. and the third Monday of each month, same time, thereafter.

Over the past several weeks, our Front-Line Essential Workers have been serving faithfully and selflessly within our medical systems, residential care facilities, grocery stores, pet care stores, home improvement stores, delivery services, construction, restaurants and fast food services, pharmacies, janitorial and custodial services, homeless shelters, and the like.

We can only imagine the level of stress and anxiety that these work groups experience from day to day, seeking to serve while ensuring the safety of their customers, co-workers, self, and families.

In response, we have great concern for their mental and emotional well-being during these challenging times and going forward, and we want to be a support and encouragement for all.

Our NAMI Kansas Connection Leaders are individuals who have found recovery in their mental health and have successfully managed their own recovery. They are trained and certified to lead confidential and safe support groups for adults living with mental health conditions and concerns. They recognize this great need, and how we can reach into the lives of those who are serving on the frontlines. The Connection Leaders are in a unique position to be a lifeline and presence to and for our Front-Line Essential Workers across the State of Kansas.

What is NAMI Connection? <https://nami.org/Support-Education/Support-Groups/NAMI-Connection>

- A confidential and safe support group for adults living with mental health conditions.

What you should know:

- Open it to all adults living with a mental health condition, regardless of diagnosis
- Meets monthly for 90 minutes
- **Free of cost to participants**
- Led by people who successfully manage their own recovery
- No specific medical therapy or medication is endorsed or recommended

Why should you attend?

- Find community support in a confidential setting
- Discover your own inner strength
- Express yourself in a setting free of judgment
- Find hope in knowing you are not alone

Please register for the Essential Worker NAMI Connection Group for Kansas scheduled on May 18, 2020 7:00 PM CDT at: <https://attendee.gotowebinar.com/register/526593908598952715>

